

# Catch the Facts...

## On Mercury and Contaminants in Fish Caught in Massachusetts Freshwater and some Coastal Waters.



Bureau of Environmental  
**BEHA**  
Health Assessment



**FACT 1:** A VARIED DIET, INCLUDING CERTAIN FISH, WILL LEAD TO GOOD NUTRITION AND BETTER HEALTH.

**FACT 2:** MERCURY & CONTAMINANTS IN FISH MAY POSE POSSIBLE HEALTH RISKS TO: PREGNANT WOMEN, WOMEN WHO MAY BECOME PREGNANT, NURSING MOTHERS, AND CHILDREN UNDER 12. THIS ADVISORY DOES NOT APPLY TO FISH STOCKED IN LAKES AND PONDS.

**FACT 3:** IF YOU ENJOY RECREATIONAL FISHING AND SHELLFISHING, IT IS IMPORTANT TO BE AWARE OF HEALTH AND SAFETY ADVISORIES ABOUT FISHING AND HARVESTING AREAS.

**[www.state.ma.us/dph/beha](http://www.state.ma.us/dph/beha) • 617-624-5757 • TTY: 617-624-5826**